

SOFT TISSUE GRAFT POST-OPERATION INSTRUCTIONS

Activity: After leaving our dental office today, we suggest you consider relaxing or at least limiting your activity as much as possible remainder of the day. Avoid strenuous activity and all aerobic exercises for the next 3 days as this might cause the graft to separate from the underlying tissue due to an elevation in your blood pressure.

Discomfort: Some discomfort may be present when anesthesia wears off. For pain, please take 2-3 Advil or 1-2 Tylenol every 4 hours. Do not drink alcohol while taking pain meds. You may experience increased soreness 3-4 days following your procedure which is normal. Should intense discomfort continue despite of pain medications, please contact our office.

Swelling and Bruising: NO ice or cold packs. It is normal for some swelling or bruising to occur after surgery. If your gums change colors from whitish gray to purplish this is a normal part of healing and should not be a concern. If you experience swelling accompanied by fever, a bad odor, or pain that intensifies and not relived by pain medications please call our office.

Bleeding: It is common to have slight bleeding for a few hours following soft tissue graft surgery. Try to avoid repeatedly spitting or rinsing your mouth during the first 24 hours after surgery as this will encourage bleeding. Stay away from the surgical site.

Oral Hygiene: Use the prescribed mouth rinse the day after the procedure was done. Avoid swishing vigorously. Also avoid the use of water irrigation devices such as Water-piks or electric toothbrushes in the operated area for 2-3 weeks following surgery. **DO NOT BRUSH THE GRAFT SITE UNTIL WE EVALUATE HEALING AT YOUR FIRST FOLLOW-UP VISIT.** Please complete careful brushing and flossing of the rest of the areas from day after surgery. DO NOT pull lip/cheek to view graft site. Leave graft site alone until given verbal permission. Please remember this is a very delicate procedure.

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Smoking: DO NOT smoke for one week after surgery. Smoking irritates the gums and retards the healing process. Try to reduce smoking for the next two weeks after the procedure.

Eating and Drinking: Do not try to eat until all the anesthesia (numbness) has worn off. High protein soft liquids are desirable for 7-14 days following the surgery. Semi-solid foods may be eaten as long as they need minimal chewing. Eggs, custards, yogurt, pasta, steamed vegetables, casseroles, cooked cereals are some things that you might consider eating during the first few days following your surgery. Avoid spicy, salty, acidic, very hot foods or liquids. Also, avoid hard foods: toast crust, nuts, seeds or crunchy or fibrous foods such as raw carrots that may become caught between your teeth or traumatized exposed operated tissues. No drinking through a straw and no carbonated beverages following surgery.

Sensitivity: You may experience increased sensitivity to cold or hot liquids, air and foods. Your teeth may also feel more sensitive when you brush, floss or while chewing. It is important to clean your teeth as directed, avoid tarter control and whitening toothpaste and use Sensodyne toothpaste if possible. This sensitivity may last a few weeks and then subside. If it remains sensitive, please let us know.

Sutures: If sutures (stitches) were used for your procedure they will generally dissolve on their own. This can take from 1-3 weeks. For some procedures non-resolvable ones might be used depending on the type of procedure. Do not remove your own sutures as that can compromise healing. It is important to see us for follow-up visits to ensure proper healing.